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1

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2

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3

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4

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## Feeling tipsy?

If you have a news tip, story idea or something you'd like to see covered, we'd love to hear from you!

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# NORTH COAST TRADER



## BUY • SELL • TRADE

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CDFW.

## California Department of Fish and Wildlife News Release

### Quail Hunting

**Q:** How many shotgun shells am I allowed to have in my shotgun when quail hunting? I want to know if my gun needs a plug installed.

**A:** Sounds like you are getting ready to go quail hunting! The short answer to your question is – yes, you need a plug in your shotgun.

California Code of Regulations (CCR), Title 14, section 311(a) states that only shotguns “incapable of holding more than three shells in the magazine and chamber combined” may be used for taking resident small game species that include quail, pheasant, rabbits, squirrels, etc. Furthermore, the regulation goes on to specify the type of plug required. “If a plug is used to reduce the capacity of a magazine to fulfill the requirements of this section, the plug must be of one-piece construction incapable of removal without disassembling the gun.”

And then there are federal regula-

tions requiring a maximum three-shot capacity in shotguns when hunting migratory birds such as doves, snipe, ducks and geese. These are spelled out in Code of Federal Regulations, Title 50, part 20. Hope this helps.

### Bakersfield Lake

**Q:** I saw photos online of a fish with odd looking teeth that was caught in a lake in Bakersfield. Some people thought it might be a piranha. Did the California Department of Fish and Wildlife (CDFW) look into this?

**A:** Yes, they were great photos, which made it easy to identify the fish as a pacu. Pacus are a popular tropical aquarium species that often outgrow their tanks and are unfortunately released by owners who no longer want them. Pacu and piranha can be differentiated by the shape of their mouth and teeth. When the mouth of a pacu is opened the gap between the upper and

lower lip form a squarish gap, whereas on the piranha the upper and lower lip form a V-shape. And while pacu teeth may appear sharp, they are no comparison to those of piranha, which are as sharp as razors.

Winter cold water temperatures probably would have taken the fish out if the angler hadn't. Based on their tropical water temperature requirements, we do not anticipate pacus, or piranha either, are capable of invading California waters. For more information, visit our Don't Let it Loose campaign online.

### Russian River Coho

**Q:** What's the status of the coho salmon population in the Russian River?

**A:** Before the Russian River Coho Salmon Captive Broodstock Program (RRCSCBP) began at Warm Springs Hatchery in 2001, coho salmon were close to extirpated from the Russian River basin. Only a few juveniles re-



mained, and these juveniles were used to start the broodstock program.

Over the past 10-15 years, adult coho returning to the Russian River have fluctuated from approximately 100 to more than 700 a few years ago, with an average of around 300-500. The recent drought has resulted in fewer than 300 adult coho returning in winter 2020/21. The majority of these adult returners are fish that were released as juveniles in Russian River tributaries through the RRCSCBP. The program released between 100,000 and 230,000 coho annually, with an average of approximately 180,000.

The number of adult coho in the Russian River is indeed very low and very likely the result of a relative lack of suitable habitat, and especially a lack of adequate water, especially during the dry summer months. The latter problem obviously is exacerbated by the current drought conditions. Recovery of the endangered Central Coast coho salmon will require continued habitat restoration, combined with other management actions such as population enhancement through genetically guided conservation hatchery intervention.

### Kayaking for Crabs

Q: I want to catch crab from a kayak and am confused by the regulations. I live in Los Angeles, and I want to go off the coast and use crab traps and hoop nets. Are these allowed?

A: State regulations do not allow for the use of traps to recreationally take any species of crabs in Southern California south of Point Arguello in Santa Barbara County. You may use hoop nets to recreationally take crabs south of Point Arguello, provided you follow the regulations in CCR, Title 14, section 29.80(b). Visit CDFW's Invertebrate Fishing Regulations page for full text of the regulations. ♦

*If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov.*

# Kreations

## Auto Body

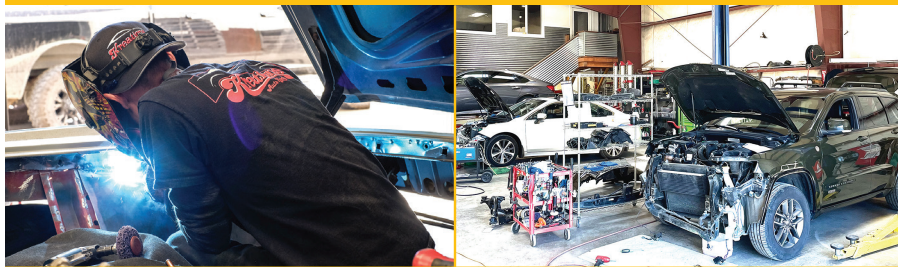
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## Are Your Kids Using Social Media? Not Sure? Here's How to Protect Them

**(STATEPOINT)** While most social media apps require that users be over 13 years old, this hasn't stopped many younger children from opening accounts, according to new research.

The recently-released C.S. Mott Children's Hospital National Poll on Children's Health finds that 49 percent of parents ages 10-12 and 32 percent of parents of children ages 7-9 say their child uses social media. What's more, not all parents are monitoring their child's activities on these apps due to a range of factors, from lacking the ability to set up controls to not having the time.

"Social media use poses a number of potential safety threats to children. With more children using social media at a younger age, it's critical that parents ensure their safety and teach them how to be responsible digital and social media users," says Michele Havner, director of marketing at Eturi Corp., maker of OurPact, a leading parental control and screen time app.

Is your child using social media? Not sure? According to Havner, here are a few ways you can help protect them on social media apps and on other sites:

**Open communication:** Keep the lines of communication open with your child. Listening and being respectful will encourage your child to be honest with you about their social media usage and what they're encountering online.

**Set parameters:** Whether it's only allowing your child to use educational social media apps, or enforcing a strict moratorium until they reach a certain age, set parameters that make sense for your child and stick with them.

**Set a schedule:** Don't let digital devices overrun your family life. Setting a digital schedule can help ensure children still have time for homework, after school activities and quality time with family. Be sure to practice what you preach and set a good digital example.

**Proceed with caution:** Before letting your child set up an account with a

particular social media app, take a good look at what the app is all about to ensure that it's appropriate for their age group and individual maturity level.

**Get assistance:** A parental control app such as OurPact can help you set a digital schedule, block inappropriate apps and websites, set safety filters and even get screenshots of digital activity. No matter how busy you are, new enhancements make it easy to get a handle on your child's social media use. With the ability to create individual profiles, you can tailor rules based on your child's age and other considerations. To learn more, visit [ourpact.com](http://ourpact.com).

"Though many school systems are adding digital safety and savviness to the curriculum, parents should fill in gaps by introducing children to smart digital habits, and by leveraging new tools and resources that help keep kids safe," says Havner.







## Northcoast Children's Services

### Do you love being with children?

Do you enjoy supporting children learn and grow?

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Do you want a job that has evenings and weekends off?

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Northcoast Children's Services provides early education and family support services to children and families from pregnancy to age 5. We offer home visiting services, infant toddler and preschool centers in a variety of locations in Humboldt and Del Norte counties.

We have a variety of full & part time positions working with children & families.

We offer paid vacation, sick leave and holidays to all employees and an additional health insurance/cash benefit/dependent care option to full time employees. All employees may also obtain assistance with education and child development permits.

We are currently looking for people to join our team as housekeepers, cooks, teachers, assistant teachers, center directors and home visitors.

**New Hire Incentives** are currently available to both full and part time employees. Full time employees who work 30 or more hours will receive an incentive of \$750. Part time employees, who work less than 30 hours will receive a \$500 incentive. Incentives are paid after 90 days of employment.

Please visit our website or Facebook page for more information on how to join our growing team! <https://ncsheadstart.org/employment-opportunities/>

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1266 9th Street, Arcata, CA 95521  
For addtl info & application  
please call 707-822-7206 or visit our  
website at  
[www.ncsheadstart.org](http://www.ncsheadstart.org)



## Public Works Maintenance Operator – Full-Time & Part Time

Both positions performs a variety of repair, maintenance, and operation duties for City facilities including streets, trails, parks, and buildings, as well as the City's Water Treatment Plant and water distribution system. The full time position requires certifications for Water Treatment Plant Operation (T2) and Water Distribution Systems (D1). For the Part Time position T2/D1 certifications are desired but not required. Working knowledge of carpentry, landscaping, and plumbing desirable. This position involves strenuous physical labor and regular interaction with the public. **Salary \$18-22.00/hour DOE.** Full time is 40 hours/week, plus health and retirement benefits. Part time is 20-30 hours/week and is not a benefited position.

Visit [www.trinidad.ca.gov](http://www.trinidad.ca.gov) for complete job description and City Employment Application.

Send resume and/or application to the City of Trinidad by mail; P.O. Box 390, Trinidad 95570, by email; [jhakenen@trinidad.ca.gov](mailto:jhakenen@trinidad.ca.gov) or deliver to 409 Trinity St, Trinidad CA. Application Review Period Begins: **Wednesday, November 17, 2021 at 2:00pm**

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## THE CITY OF EUREKA COMMUNITY SERVICES ZOO/PARKS CUSTODIAN

\$2,576 - \$3,131/month  
Plus Excellent Benefits

**\*\*Salary will increase to \$2,666 - \$3,240  
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increase in 2023 and again in 2024.**

Under general supervision, incumbent performs the full range of custodial duties related to the care, routine maintenance, and cleaning of assigned Zoo and Parks buildings and facilities; interacts with and provides basic information and assistance to the public; and performs related work as required. Desirable qualifications; twelfth (12) grade or equivalent and one year of janitorial or custodial work. May be required to work flexible schedules including evenings, weekends and holidays.

For more information or to apply online, visit our website at [www.ci.eureka.ca.gov](http://www.ci.eureka.ca.gov).

Applications will be accepted until  
**5:00 p.m. on Friday,  
November 12, 2021. EOE**

## THE CITY OF EUREKA POLICE DEPARTMENT

### PARKS/WATERFRONT RANGER (NON-SWORN)

\$2,887 - \$3,509/Month  
(\$34,644 - \$42,110/Annual)  
Plus Excellent Benefits

**\*\*Salary will increase to \$2,975 - \$3,616  
per month (\$35,697-\$43,389 per year)  
in 2022 with additional increases of  
5% in 2023 and again in 2024.**

Come join the City of Eureka's team with this very unique opportunity in the Eureka Police Department helping carry out EPD's mission to enhance community-oriented police service by protecting our beautiful trails, parks, and historic waterfront. Engaging with the local public and visitors will be a primary aspect of this position, by providing information as well as protection to those who utilize the City's abundant and varied public recreational areas.

Under general supervision, this position performs a variety of complex activities administering non-sworn police support services and programs in the City's recreational open space areas including the waterfront, harbor, trails and community parks, with a highly visible and engaging community presence. Based upon needs of the assignment, duties are carried out on foot, bicycle, from vehicles and/or aboard watercraft. This class is distinguished from other police classifications in that it functions at a higher and more complex support role and the duties are primarily constrained to proactive, high visibility patrol within the city's parks and waterfront areas.

For a complete job description, and to apply, please visit our website at: [www.ci.eureka.ca.gov](http://www.ci.eureka.ca.gov). We will be accepting applications until 5:00 p.m. on **Friday, November 12th, 2021. EOE**



© Wendy's

## 5 Tips for a Stress-Free Morning

**(FAMILY FEATURES)** Mornings are often the most important part of the day - they can make or break your mood and set the tone for all of your to-dos. To help combat the hecticness that can arrive when the sun comes up, consider these five tips for a stress-free start to the day.

### **Fine-tune your fashion at night.**

Whether you are focused on getting yourself out the door or have kids who need to get to school, planning what to wear the night before can help save time. When the clock is ticking and you have somewhere to be, the fear of a missing shoe or misplaced accessory can throw everything off.

**Express gratitude.** Take a few mo-

ments after rising to jot down or be mindful of a few things you are grateful for, no matter how big or small. Starting the day in a positive state of mind can lift your mood and provide residual benefits throughout the day.

### **Organize what leaves with you.**

Designate a place where everyone can stash the things they need to take when they leave the house - whether it's a backpack, purse, briefcase or gym bag. When you return home at night, empty used or unneeded items and replace them so you can grab and go in the morning.

### **Boost your breakfast routine.**

While cereal or toast are easy stand-

bys, certain days call for a more savory breakfast. Skip dirtying dishes at home and snag Wendy's on-the-go. Breakfast becomes a breeze with craveable breakfast sandwiches like the Sausage, Egg & Swiss Croissant or Bacon, Egg & Swiss Croissant, both made with fresh-cracked eggs and housed on warm, flaky croissants. For caffeine lovers, grab a hot coffee made with 100% Arabica beans, cold brew coffee steeped for 12 hours or a one-of-a-kind Frosty-ccino - cold brew coffee topped with Frosty creamer - for that extra kick to jump start your day. See the complete breakfast lineup at [Wendys.com](http://Wendys.com) or on its mobile app.

**Avoid distractions.** If you're like many people, reaching for your phone is the first thing you do after opening your eyes. However, this trap can get you sucked into emails, scrolling through your newsfeed or falling into a social media rabbit hole, which devours precious time. Force yourself to leave your phone and other similar distractions out of your morning routine to get out the door more efficiently.

No one wants to start the day in chaos. Simple time management and planning can help make hectic mornings more enjoyable and productive. ♦



## ResolutionCare

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Vynca is a fast-paced, fun entrepreneurial environment incredibly passionate about transforming end-of-life care. With the integration of ResolutionCare services, we are actively looking for registered nurses to provide patient-centered, home-based care for individuals with specialty palliative care needs via telemedicine with the support of an interdisciplinary team.

The ideal candidate has clinical case management experience in hospice or palliative care or a closely related field and effective communication, technology, and time management skills. This is a full time (40 hrs/wk), permanent position with an excellent benefit package. California licensure is required.

To apply, please review our website [www.resolutioncare.com](http://www.resolutioncare.com) and then send a cover letter and resume by e-mail to [info@resolutioncare.com](mailto:info@resolutioncare.com) or fax it to (707) 440-8100. Open until filled. Salary competitive and commensurate with experience.





# Northcoast Children's Services

## **MAINTENANCE TECHNICIAN, Arcata Main Office**

Performs a variety of site repairs, alterations, construction projects, & general maintenance for sites. 2 yrs. of construction exp. desirable. Must have valid Driver's License, good driving record & have current criminal record clearance. 40 hrs./week (8:30-5:00pm, Mon-Fri); \$17.65-\$19.46/hr.

**Open Until Filled.**

## **HOME VISITORS, Various (HS/EHS)**

Provide weekly home visits & facilitate parent & child play groups twice a month. Req. AA/AS degree in Early Childhood Education, Psychology, Social Work or a related field OR 12 Head Start related units. Req. 2 years' exp. in community service, working w/ children & families. Bilingual preferred. F/T & P/T position. \$18.00-\$19.16/hr.

**Open Until Filled.**

## **CENTER DIRECTOR, Arcata**

Responsibilities include overall management of Head Start and Partnership programs. AA/BA in Child Development or related field preferred. Meet req. for Site Supervisor permit. 3 Infant Toddler units req. F/T 40 hrs./wk. M-Fri. \$20.00-\$22.05/hr.

**Open Until Filled**

## **CENTER DIRECTOR, Eureka, McKinleyville**

Responsibilities include the overall management of a Head Start center base program. Meet Teacher Level on Child Development Permit Matrix, plus 3 units in Administration (AA req. BA/BS Degree in Child Development or a related field preferred). Req. a minimum of 2 years' exp. working w/ preschool children in a group setting. F/T 40 hrs./wk. Mon-Fri (8am-4:30pm); \$20.00-\$22.05/hr. **Open Until Filled.**

## **ASSOCIATE TEACHERS, Redway, Orleans**

Assist teacher in the implementation & supervision of activities for preschool children. Req. a minimum of 12 ECE units—including core classes—and at least 1-year exp. working w/ children. Redway: F/T 32 hrs./wk. Orleans: F/T 32 hrs./wk. \$17.00-\$17.85/hr.

**Open Until Filled.**

## **TEACHERS, Eureka (Temporary), Arcata**

Responsible for development & implementation of classroom activities—providing support & supervision for toddler program. Must have 12 core in ECE/CD (w/ 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher Level on the Child Development Permit Matrix, & have 1-yr. exp. teaching in a toddler setting. P/T positions, 28 hrs./wk. M-F \$17.50-\$19.30/hr.

**Open Until Filled.**

## **TEACHERS, Eureka (Temporary), Arcata**

Responsible for development & implementation of classroom activities—providing support & supervision for toddler program. Must have 12 core in ECE/CD (w/ 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher Level on the Child Development Permit Matrix, & have 1-yr. exp. teaching in a toddler setting. P/T positions, 28 hrs./wk. M-F \$17.50-\$19.30/hr.

**Open Until Filled.**

## **TEAM TEACHER, Arcata**

Responsible for the development & implementation of classroom activities for toddler age children. Must have 12 core in ECE/CD (w/ 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher level on Child

Development Permit Matrix, & have 1-yr. exp. teaching in a toddler setting. F/T 37.5 hrs./wk. M-F. \$17.75-\$18.64/hr.

**Open Until Filled.**

## **ASSISTANT TEACHERS, Arcata, McKinleyville & Trinidad**

Assist teacher in the implementation & supervision of activities for preschool children. Minimum of 6-12 ECE units preferred, not req. & 6 months' exp. working w/ children. P/T 25 hrs./wk. M-Fri \$15.00-\$16.54/hr.

**Open Until Filled.**

## **ASSISTANT TEACHER, Eureka**

Assist center staff in the day-to-day operation of the classroom for a toddler program. 6-12 ECE units preferred, not req. & have 6 months' exp. working w/ children. P/T 28 hrs./wk. M-Thu (8:15am-3:45pm) \$15.00-\$16.54/hr.

**Open Until Filled.**

## **COOK, McKinleyville**

Prep meals for toddler & preschool age children in a childcare center. Req. basic cooking skills, plus experience in food service & volume meal prep. Prefer candidate have exp. training or education in nutrition, volume meal prep, menu planning, kitchen safety & sanitation and CACFP (Child and Adult Care Food Program) exp. F/T M-F 34 hrs./wk. \$16.04/hr. **Open Until Filled**

## **HOUSEKEEPER, Eureka, Arcata, Fortuna**

Perform duties to keep site clean, sanitized & orderly. Must have exp. & knowledge of basic tools & methods utilized in custodial work & have the ability to learn & follow health & safety req. Eureka: P/T 16 hrs./wk. Arcata & Fta: P/T 5 hrs./wk. \$15.00/hr. Late afternoon/evening hours, flexible.

**Open Until Filled.**

Submit applications to  
**Northcoast Children's Services**

1266 9th Street,  
Arcata, CA 95521.

For addtl info & application  
please call 707-822-7206 or  
visit our website at

[www.ncsheadstart.org](http://www.ncsheadstart.org)

# Plan Ahead for This Year's Holiday Vacation



© Photo courtesy of Getty Images

**(FAMILY FEATURES)** Whether your family counts a holiday vacation among your treasured traditions or you're anticipating a holiday getaway for the first time, getting an early start on your planning can help ensure your trip is filled with good tidings and joy.

**Know what you want to spend.** If you're planning to open your wallet a little wider for this trip than you have in the past, you're not alone. A survey by American Express Travel found more than 60 percent of travelers are planning to spend more on trips in 2021 since they missed out on travel in 2020. Setting your budget now can help you make choices about things like accommodations and activities while giving you some extra time to save. Working off a budget from the start can also help you take advantage of book now, pay later options that may give you added savings or incentives.

**Be conscious of high-demand destinations.** Popular travel spots tend to fill up fast, so if you're considering visiting a high-demand location, be aware of how crowds might affect your plans for everything from wait times at attractions to rental cars and more. According

to vacation rental company Vrbo, prime warm-weather destinations where families can spend the holidays together are already facing lower availability for homes, including Florida and Hawaii beaches. Similarly, Maui, Hawaii, has less than 20 percent of homes available during Christmas week. Ski spots also see a large share of holiday travel, so be prepared if you're planning on a holiday hot spot.

**Manage against the unexpected.** Despite all the advantages of planning ahead, it's impossible to predict unknown variables like the weather when you make travel arrangements months ahead of time. Travel insurance can help protect the majority your investment if you have to cancel your trip. Some policies offer coverage for cancellation for any reason, so you'll want to research exactly what your policy allows, including weather and pandemic-related cancellations.

**Book lodging early.** With travel volume up and availability for accommodations already trending downward for the holiday season, consider making reservations sooner than later.

"We typically see December book-

ings peak in October and November, but families are locking in their holiday vacation plans much earlier than usual," said Melanie Fish, Vrbo's travel expert. "Vacation homes have been quickly scooped up during every popular travel season this year, so it's no surprise families are planning ahead to ensure they have a great place to spend the holidays together."

**Look into local events.** In this pandemic age, many attractions and activities have new guidelines, including altered operating schedules, occupancy limits and reservation systems. You can typically find the latest information on websites or by calling ahead. Take these measures into consideration as you're creating your trip itinerary and organizing advanced reservations.

**Consider how the holidays will affect your packing.** Traveling during the holidays may mean a different approach to your typical vacation packing. Especially if you're traveling with children, you'll need to make space for beloved holiday traditions such as gifts or a visit from a certain jolly old elf.

For more inspiration for your holiday getaway, visit [Vrbo.com](https://www.vrbo.com). ♦



# Holiday Open House!

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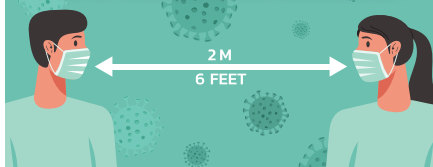


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## Tips for Fall Hikes That Are Great for the Mind and Body

**(STATEPOINT)** Americans are discovering the mental and physical benefits of outdoor recreation with great enthusiasm. Not only does fall hiking offer unparalleled views and breathtaking experiences, it is a great way to relieve stress and even a better way to stay fit.

Whether it's a hike in the woods, a walk along the shore of your favorite beach or even just a stroll in your neighborhood park, it's important to be prepared. Having the right footwear, apparel and gear will help ensure that you can focus on the beautiful surroundings, and better enjoy the time spent with the friends and family who accompany you. To prepare, consider the following tips:

**1. Check a fall color guide.** While you can be sure of vibrant fall foliage and leaf-peeping opportunities in many areas of the country, it's a good idea to check a fall color guide for the particular area you're visiting, especially if you love a good photo opportunity. Factoring in a range of scientific data, like historical temperatures and forecast precipitation, these tools can help

you catch colors at their peak.

**2. Pick a trail that is right for you.** Make sure you look at the altitude, terrain and difficulty of the trail before tackling it. This can help you select an experience that matches the skill levels of your group. Online trail maps will give you this exact information. You can also check with your local parks department.

**3. Have proper footwear.** What if you could feel comfort right out of the box with your footwear with no break-in required? New footwear technologies are making this possible. The Keen Footwear Ridge Flex Collection, for example, has KEEN.Bellows Flex technology, enabling the boot to bend and flex where it's needed most, making every step up to three times easier. Keen boots also offer waterproof protection and all-terrain traction, for a firm grip on a variety of trail surfaces. This is an ideal boot for those hiking for the first time.

**4. Be prepared for changes in temperature.** Weather conditions can change substantially during the course

of your adventure, particularly if your hike involves elevation. Be sure to layer wisely, starting with a moisture-wicking base layer. Check the weather in advance and be sure to pack gloves and a hat if you expect temperatures to dip below freezing.

**5. Be prepared for shorter daylight hours.** Know the local sunset time. If you are new to hiking, plan your hike during the day. However, you should be prepared for unforeseen circumstances. Hiking after dark requires more clothing, as it is likely to be colder. Having a headlamp in your backpack can be a lifesaver, along with a fully-charged cell phone and a portable GPS.

**6. Stay hydrated.** The weather has cooled, but hydration is just as important. Pack more than enough water for your hike — and snacks. You're burning calories and need to stay properly fueled.

With the right gear, preparation and knowledge, you can enjoy a full season of safer, more enjoyable fall hiking. ♦



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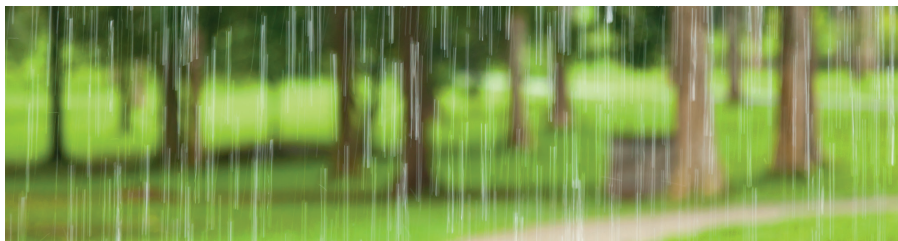
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## COVID-19 Vaccine Myths Busted

**(STATEPOINT)** COVID-19 vaccines are overwhelmingly safe and highly effective at reducing the risk of severe disease, hospitalizations and death. Unfortunately, misinformation and pervasive myths continue to sow doubt, leaving many unprotected.

Roughly 99 percent of deaths linked to COVID-19 in the latest wave — and the vast majority of cases involving severe symptoms that require hospitalization — were among patients who weren't fully vaccinated, according to the Centers for Disease Control and Prevention.

"With high levels of community spread of COVID-19, we're once again fighting a two-front war: against the virus and against rampant misinformation," says American Medical Association president, Gerald E. Harmon, M.D.

Here are some of the top myths physicians are hearing and what you need to know:

• **Can COVID-19 vaccines impact fertility?** Risks to fertility or the ability to become pregnant after receiving a COVID-19 vaccine were disproven

through clinical trials and real-world data points. While pregnant women weren't specifically targeted for vaccine trials, several participants became pregnant without issue during the trial duration and there's been no demonstrated real-world impact on fertility. Moreover, COVID-19 itself carries significant risks for pregnant women, including higher risks of preterm labor and stillbirth, and higher risks of hypertension and pneumonia for pregnant women. There's also no evidence showing that COVID-19 vaccines affect male fertility.

• **Can vaccinated people "shed" spike proteins, affecting those close to them?**

Vaccine shedding can only occur when a vaccine contains a weakened version of the virus. None of the COVID-19 vaccines authorized for use in the United States contain a live virus, so it's not biologically possible for a vaccinated person to affect an unvaccinated person by proxy or by "shedding" spike proteins.

• **I've already had COVID-19. Do I need the vaccine?** Yes, the data shows that unvaccinated individuals are more than twice as likely to be reinfecting with

COVID-19 than those who were fully vaccinated after initially contracting the virus. Getting the vaccine is the best way to protect yourself and those around you.

• **Why do I need the vaccine if breakthrough infections are possible?** Some fully vaccinated people will still get sick because no vaccine is 100 percent effective. However, data show that vaccination may make COVID-19 symptoms less severe. The vaccines have also been shown to provide substantial protection against death and hospitalization in cases of breakthrough infection.

• **I'm young and healthy. Do I really need the vaccine?** Many young, previously healthy people have gotten seriously ill or died from COVID-19, and those numbers are increasing with new, more transmissible variants. There's no way to predict how you'll respond to infection. Additionally, vaccines help prevent you from carrying the virus and transmitting it to others. Reducing the number of unvaccinated people will mitigate transmission of the virus.

• **I have allergies. Should I be wor-**



There have been very rare (2.5-5 people per million) reports of severe (anaphylactic) allergic reactions to COVID-19 vaccines. Having severe allergic reactions to certain foods, bee stings or oral medications doesn't mean you will have an allergic reaction to a COVID-19 vaccine. The vaccination sites are prepared to evaluate and handle these situations on individual bases.

“The evidence around vaccinations is abundantly clear; they’re safe, effective and will help protect you and your loved ones from severe COVID and death,” says Dr. Harmon. “If you have questions about the vaccine, its safety, or effectiveness, please speak to your physician. We are here for you, eager to answer your questions, and get you protected from this virus.” ♦

**South Coast Humane Society**  
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## A Winning Recipe to Feed Game Day Fans

**(FAMILY FEATURES)** Settling in for an afternoon of gridiron action calls for football food from dips and appetizers to full-blown feasts. Whether you're a diehard fan, casual observer or just there for the game time grub, a full day of "homegating" requires flavorful eats to refuel the crowd.

One of the easiest ways to take your menu from benchwarmer to superstar status is to add foods from one of the country's top authentic Mexican food brands, Cacique, to your playbook. For example, flavor-packed, heaping Cheesy Chorizo Nachos can score a touchdown at your gathering, even among the pickiest of fans. When the game is on the line, call on this dish to keep your team satisfied from kickoff to the final whistle.

Made with crumbly, creamy, pleasantly milky queso fresco; authentic real cheese queso dip that's ready in minutes; robust, spicy pork chorizo; fresh-tasting Crema Mexicana; and small-batch homestyle salsa, this shareable dish can feed a houseful of hungry fans. Ready in less than an hour, it's a perfect solution for

pregame baking so it's ready just before the coin toss.

To find more game day recipes, visit [www.CaciqueInc.com](http://www.CaciqueInc.com).

### Cheesy Chorizo Nachos

- 1 package Cacique Pork Chorizo
- 1 package Cacique Queso Blanco Queso Dip
- 1 can (15 ounces) refried beans
- 2 tablespoons water, plus additional, if necessary
- 1 bag (12 ounces) tortilla chips
- 1 package Cacique Ranchero Queso Fresco
- 1/2 cup Cacique Crema Mexicana
- 1 large jalapeno, sliced thin
- 2 radishes, sliced thin
- fresh cilantro leaves, for garnish
- guacamole, for serving
- Cacique Mild Homestyle Salsa, for serving

In large nonstick skillet or well-seasoned cast-iron pan over medium-low heat, cook pork chorizo, using spoon to break it up. Stir regularly until

completely warmed through and deep brown, scraping crispy bits from bottom of pan.

Microwave queso dip 2-3 minutes until heated through.

In medium bowl, thin refried beans with water. Beans should be thick but nearly pourable; add additional water 1 tablespoon at a time, if necessary.

Heat oven to 350 F.

To assemble nachos, add half the tortilla chips to 13-by-9-inch rectangular baking dish. Use spoon to drizzle half the queso dip and half the refried beans evenly over chips, distributing as evenly as possible. Sprinkle with half the crumbled queso fresco. Repeat with remaining chips, queso dip, beans and crumbled queso fresco. Bake 5-8 minutes until crumbled queso fresco softens and queso dip is creamy.

Remove from oven then drizzle with crema Mexicana and scatter pork chorizo over top. Garnish with sliced jalapeños, radishes and fresh cilantro. Serve with guacamole and salsa.





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# Help for Weather-stressed Lawns

by Melinda Myers

**THE EXTREME HEAT** and drought of 2021 across much of the country has turned many lawns brown. Damaged lawns may be thin, contain dead patches or are overrun with weeds.

Fall is a good time to improve the health and appearance of a weather-worn lawn. Start the process by evaluating the damage. Then plan a course of action and be prepared to follow through as needed with proper care.

Fall fertilization can help improve thin lawns and those with numerous small dead patches the size of a baseball or smaller. Apply fertilizer in early September to help lawns recover from summer stress while encouraging denser growth and deeper, more drought tolerant roots. Those in warmer climates growing grasses like centipede, Bermuda and zoysia should make sure the last fall application is at least one month prior to the average first killing frost. Use a low nitrogen, slow-release fertilizer that won't harm stressed lawns and young seedlings if repairing or overseeding the lawn.

Continue to mow high as long as the grass continues to grow. Taller grass produces deeper, more drought tolerant roots. Mow often, removing only a third of the total height. This is less stressful on the lawn and results in shorter clippings that can be left on the lawn. The clippings return moisture, nutrients, and organic matter to the soil.

Use a sharp blade for a cleaner cut that closes more quickly, reducing water consumption and risk of insects and disease while leaving the lawn looking its best. You'll also save time as sharp blades cut more efficiently and reduce fuel consumption by as much as 22 percent.

Improving a lawn's growing conditions will help it recover more quickly



Fall is a good time to improve the health and appearance of a stressed lawn.  
Photo courtesy of MelindaMyers.com

and equip it to better manage environmental stress. Core aerate lawns that have more than one half an inch of thatch, those growing in compacted soils, or before overseeding. By removing plugs of soil, you will break through the thatch and create channels for water and fertilizer to reach the grass roots. For best results, core aerate the lawn when it's actively growing; fall for cool season grasses and spring or early summer for warm season grasses.

Hand removal of weeds is the most environmentally friendly option. Organic broadleaf weedkillers with the active ingredient Fehedta or Hedta is another option. Spot treat problem areas to minimize the use of chemicals and reduce the stress on already stressed lawns. As always, read and follow label directions carefully whether using traditional, natural or organic chemicals.

Repair dead and bare patches in cool season lawns that are the size of a soccer ball or larger as needed. Those growing warm season grasses will have the best results when seeding in spring through early summer. Rake away dead grass

and debris roughening and exposing the soil below. Spread grass seed over the area and lightly rake to ensure seed-to-soil contact. Or mix a handful of grass seed in a bucket of compost or potting mix. The organic matter helps conserve moisture and promotes seed sprouting. Spread the mix over the soil surface. Water these areas often enough to keep the soil surface moist until the grass seed sprouts. As grass begins to grow, water more deeply and less often to encourage a robust drought tolerant root system.

Proper maintenance and a bit of cooperation from nature will help transform your lawn from a disappointment to an asset in your landscape. ♦

*Melinda Myers has written more than 20 gardening books, including The Midwest Gardener's Handbook and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Her web site is [www.MelindaMyers.com](http://www.MelindaMyers.com).*



### MY NAME IS BUSTER

Mixed Breed male, 10 months old  
and 57 pounds.



### MY NAME IS CARTER

3 months old, neutered male,  
domestic short hair, lilac pt.



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BWV 146

**11/14**

(24<sup>th</sup> Sunday after Trinity):

BWV 60, BWV 26

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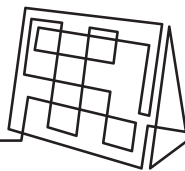
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# Calendar

Nov. 2 - Nov. 16, 2021



## Virtual World

### ARTS & CULTURE

#### **Clark's Nutcrackers and Whitebark Pine: Pivotal Players in our Western Mountains.**

Fri., Nov. 12, 7-8 p.m. Virtual World, Internet, Online. Taza Schaming discusses the relationship between whitebark pine and Clark's nutcrackers. On Zoom. Get link at [www.rras.org/home.aspx](http://www.rras.org/home.aspx). [rras.org/home.aspx](http://rras.org/home.aspx).

#### **Equity Arcata's Community Book Club.**

Third Monday of every month, 4-6 p.m. Virtual World, Internet, Online. Alia Dunphy and Meridith Oram discuss Adrienne Marie Brown's book, *Emergent Strategy: Shaping Change, Changing Worlds*. On Zoom. Register online. [www.equityarcata.com](http://www.equityarcata.com).

#### **Humboldt County Historical Society**

**Lecture Series.** Sat., Nov. 6, 2:30 p.m. Virtual World, Internet, Online. Upcoming topics: Nov. 6- "A Life in History" with Ray Raphael; Dec. 4- Humboldt County Lighthouses, with Julie Clarke. Sign up using the Google Form [www.forms.gle/RgLa2ngJKqBH2vPx5](http://www.forms.gle/RgLa2ngJKqBH2vPx5) for an email with the Zoom meeting invite. Free. 707-269-1915.

#### **On the Same Page Book Club.**

Wednesdays, 5:30 p.m. Virtual World, Internet, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at [www.forms.gle/bAs-jdQ7hKGqEgJKj7](http://www.forms.gle/bAs-jdQ7hKGqEgJKj7).

#### **Reading in Place - An Online Reading**

**Group.** Saturdays, 1 p.m. Virtual World, Internet, Online. Sign up online for a Zoom meeting invite and the week's reading for discussion. [www.forms.gle/zKymPvcDFDG7BJEP9](http://www.forms.gle/zKymPvcDFDG7BJEP9).

**Shelter n Play.** Fridays, 6 p.m. Virtual

World, Internet, Online. Public group on Facebook made up of locals. Open mic for all skill levels, all styles, everyone's welcome to watch or perform. Sign-ups Wednesdays at noon. [www.facebook.com/groups/224856781967115](http://www.facebook.com/groups/224856781967115).

**The Writers Lounge via Zoom.** Thursdays, 7:30 p.m. Virtual World, Internet, Online. A writing workshop geared toward stand-up and comedy. Zoom Room: 857 4217 6054. Password: writers. Join Zoom Meeting [www.us02web.zoom.us/j/85742176054?pwd=dWp4UGVqQUVYQowzekVnZkZoVIMzZz09](http://www.us02web.zoom.us/j/85742176054?pwd=dWp4UGVqQUVYQowzekVnZkZoVIMzZz09).

### LIFESTYLE & COMMUNITY

**Eel Zoom II.** First Friday of every month, 5-6 p.m. Virtual World, Internet, Online. Hosted by the Eel River Recovery Project. Nov 5 - *Restoring Critical Riparian Zones Using Bioengineering*. Learn from experts but in a casual and fun happy hour mode. Register on Zoom. Episodes stream at [www.eelriverrecovery.org](http://www.eelriverrecovery.org) after live Zoom. Free. [eelrecovery@gmail.com](mailto:eelrecovery@gmail.com). [us06web.zoom.us/meeting/register/tZwtc-2gpzkvGtarsToBCambVpFvIH5-EuZT](http://us06web.zoom.us/meeting/register/tZwtc-2gpzkvGtarsToBCambVpFvIH5-EuZT). (707) 839-4987.

**English Express: An English Language Class for Adults.** Ongoing. Virtual World, Internet, Online. This class offers pronunciation, speaking, reading, writing, vocabulary, verb conjugations and common expressions. All levels welcome. Join anytime. Free. [www.englishexpressempowered.com](http://www.englishexpressempowered.com).

**EPIC's Virtual Silent Auction.** noon. Virtual World, Internet, Online. Bid on local getaways, arts and crafts, spirits and treats before the holidays. Bids accepted until noon on Nov. 5. All funds go to forest protection. [epic@wild-california.org](mailto:epic@wild-california.org). [www.32auctions.com/EPICAUCTION2021](http://www.32auctions.com/EPICAUCTION2021). 707-822-7711.

#### **Ham Radio Technician License Class.**

Mondays. Virtual World, Internet, Online. The Humboldt Amateur Radio Club prepares students for the Amateur Radio Technician Class license examination. Via Zoom and in-person at the Humboldt Bay Fire Training room at 3030 L St. in Eureka. Call or email to reserve a seat. Free. [ke6hec@arrl.net](mailto:ke6hec@arrl.net). [www.humboldt-arc.org](http://www.humboldt-arc.org). 707-834-0042.

#### **Live from Behind the Redwood Curtain.**

Ongoing, 3-3:30 p.m. Virtual World, Internet, Online. California State Parks' North Coast Redwoods District is broadcasting programs featuring tall trees and rugged seas from state parks via Facebook. Free. [www.facebook.com/NorthCoastRedwoods](http://www.facebook.com/NorthCoastRedwoods).

**MARZ Project.** Tuesdays-Fridays, 12-5 p.m. Virtual World, Internet, Online. Humboldt and Del Norte county youth ages 12 to 26 learn to express themselves creatively in visual art, audio and video production. All MARZ students have free access to equipment, software and training. Meets via Zoom by appointment. Free. [marzproject@inkpeople.org](mailto:marzproject@inkpeople.org). 442-8413.

**Sistahood.** Saturdays, 9:30-11 a.m. Virtual World, Internet, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

**Ujima Parent Peer Support.** Thursdays, 6:30-7:30 p.m. Virtual World, Internet, Online. For BIPOC families. See [www.facebook.com/HC-Black-Music-Arts-Association-104727504645663](http://www.facebook.com/HC-Black-Music-Arts-Association-104727504645663) for more information. [hcblackmusicnarts@gmail.com](mailto:hcblackmusicnarts@gmail.com).

**Virtual Junior Rangers.** Thursdays, 11:30 a.m. Virtual World, Internet, Online. North Coast Redwoods District of California State Parks offers kids' programs and activities about coast redwoods, marine protected areas and more, plus Junior Ranger badges.



Register online and watch live. [www.bit.ly/NCRDVirtualJuniorRanger](http://www.bit.ly/NCRDVirtualJuniorRanger).

**Volunteer Orientation Food for People.**

Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. [volunteer@foodforpeople.org](mailto:volunteer@foodforpeople.org). [www.foodforpeople.org/volunteering](http://www.foodforpeople.org/volunteering). 707-445-3166 x310.

**Curry County**

**LIFESTYLE & COMMUNITY**

**Brookings-Harbor Farmers Market.**

Wednesdays, 10 a.m.-3 p.m. and Saturdays, 10 a.m.-3 p.m. Brookings-Harbor Farmers Market, 15786 U.S. Highway 101, South Brookings. Produce, artisan foods, baked goods, grass-fed beef, crafts and more. Look for the big white tents. Open year-round, rain or shine.

**Knights of Columbus Breakfast.** Second Sunday of every month, 8-10:30 a.m.

Star of the Sea Catholic Church, 820 Old County Rd., Brookings. Every second Sunday of the month. \$8.

**Wild Rivers Mushroom Festival.** Sat., Nov. 6 and Sun., Nov. 7. Chetco Activity Center, 550 Chetco Lane, Brookings. Enjoy workshops, a mushroom ID table, vendors, food, brew, hikes, speakers, demonstrations and more. (541) 661-1385.

**Del Norte County**

**LIFESTYLE & COMMUNITY**

**Fall Holiday Bazaar.** Sat., Nov. 6, 10 a.m.-4 p.m. Del Norte County Fairgrounds, 421 US-101, Crescent City. Browse dozens of local vendors and crafters. Get gift ideas, decorating ideas, food and more. Free admission.

**Ocean Air Farms Farm Stand.** Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering home-grown organic veggies and produce.

**Tolowa Dunes State Park Cleanup.** Sat., Nov. 6, 10 a.m. Tolowa Dunes State Park,

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CONTINUED ON NEXT PAGE →

## Calendar

← CONTINUED FROM PREVIOUS PAGE

Kellogg Road, Crescent City. Meet at Dead Lake parking lot. Wear sturdy shoes, long pants and bring layers. Gloves provided, but bring your own if you'd like. Refreshments provided. COVID safety protocols will be in place. Free.

## Trinity County

### LIFESTYLE & COMMUNITY

**First Saturday Art Walk.** Sat., Nov. 6, 5-8 p.m. Historic Downtown Weaverville, Weaverville. Art, including receptions for featured artists, refreshments, music and activities on the first Saturday of each month.

## Humboldt County

### ARTS & CULTURE

**Arts! Arcata.** Second Saturday of every month, 4-7 p.m. Arcata Plaza, Ninth and G streets. Art, music and more art in downtown Arcata, surrounding area and online. Due to COVID-19, there is no gathering. Keep safe distances, wear facial coverings and observe guidelines in each location. Free. [arcatamainstreet@gmail.com](mailto:arcatamainstreet@gmail.com). [www.arcatamainstreet.com](http://www.arcatamainstreet.com). 822-4500.

**Art Talk with Stephen Nachtigall.** Sun., Nov. 7, 2 p.m. Morris Graves Museum of Art, 636 F St., Eureka. The HSU professor speaks about his current exhibition, "Languisher," on view at the MGMA through Dec. 12. \$5, \$2 seniors/students/military, free for Humboldt Arts Council members, children under 17, and families with EBT card. [www.humboldtarts.org](http://www.humboldtarts.org).

**Arts Alive.** First Saturday of every month, 6-9 p.m. Historic Old Town Eureka, Second Street. Art, and a heap of it, plus live music. All around Old Town and Downtown, Eureka. Wear masks indoors and outdoors. Free. [www.eurekamainstreet.org](http://www.eurekamainstreet.org). 442-9054.

**BDT: A Retrospective.** Goudi'ni Native American Arts Gallery, Humboldt State University, Arcata. Fall exhibition celebrating Karuk artist Brian Tripp's five-decade art career with work from

1969 to present. In-person viewing hours: Tuesday-Wednesday noon-5 p.m.; Thursday-Friday 1 p.m.-6 p.m.; and Saturday 10 a.m.-2 p.m.

**Buck-a-Bag Book Sale.** Fri., Nov. 5, 10 a.m.-3:30 p.m. and Sat., Nov. 6, 10 a.m.-3:30 p.m. Humboldt County Library, 1313 Third St., Eureka. Discover fiction, non-fiction, children's books, CDs and DVDs at Friends of the Redwood Libraries' sale. FRL members only on Friday. Memberships available at the door. Open to all Saturday. Proceeds benefit the Humboldt County Library system. [www.eurekafrl.org](http://www.eurekafrl.org).

**Dances of Brazil.** Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocío Cristal and María Vanderhorst. All levels. Limited to five people. Register online. \$15. [talavera.rocio@gmail.com](mailto:talavera.rocio@gmail.com).

**Eureka Chamber Music Series.** Sat., Nov. 6, 7:30-9:30 p.m. Calvary Lutheran Church, 716 South Ave., Eureka. Visiting classical music artists present intimate concerts. Pianist Vladimir Felstman (Nov. 6), the Adler Fellows of the San Francisco Opera (Jan. 22) and Pacifica String Quartet (Mar. 26). Masks and proof of COVID-19 vaccination required. \$40. [admin@eurekachambermusic.org](mailto:admin@eurekachambermusic.org). [www.eurekachambermusic.org](http://www.eurekachambermusic.org).

**Heartless Bastards.** Tue., Nov. 9, 7 p.m. Arcata Theatre Lounge, 1036 G St. Indie rock. All ages. \$20. [www.arcatatheatre.com](http://www.arcatatheatre.com).

**Lewis Black.** Fri., Nov. 5, 8 p.m. Bear River Recreation Center, 265 Keisner Road, Loleta. Grammy award-winning comedian. \$45-\$95.

**Wild & Scenic Film Festival.** Sat., Nov. 6, 5 p.m. Gyppo Ale Mill, 1661 Upper Pacific Drive, Shelter Cove. Enjoy 11 short films celebrating the beauty and diversity of the planet, inspiring environmental activism and a love for nature. Also available to watch virtually at [www.lostcoast.org/wild-and-scenic-filmfestival](http://www.lostcoast.org/wild-and-scenic-filmfestival). [www.gyppo.com](http://www.gyppo.com).

### LIFESTYLE & COMMUNITY

#### Abbey of the Redwoods Flea Market.

First Saturday of every month, 8 a.m.-4 p.m. Grace Good Shepherd Church, 1450 Hiller Road, McKinleyville. Local arts, products, goods. Free entry.

**Arcata Marsh Birding Tour.** Sat., Nov. 13, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Jim Clark at the end of South I Street (Klopp Lake). Bring your binoculars and have a great morning birding. Visit [www.rras.org](http://www.rras.org) for COVID-19 participation guidelines. Let us know you plan to attend by text/messaging Ralph Bucher at 707-499-1247. Free. [thebook@reninet.com](mailto:thebook@reninet.com). [rras.org/home.aspx](http://rras.org/home.aspx). 707-499-1247.

**Arcata Plaza Farmers Market.** Saturdays, 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Every Saturday Humboldt County farmers bring their non-GMO bounty, rain or shine. EBT accepted and Market Match is offered. Information and COVID rules online. Free. [info@northcoastgrowersassociation.org](mailto:info@northcoastgrowersassociation.org). [www.northcoastgrowersassociation.org](http://www.northcoastgrowersassociation.org). 707-441-9999.

**Bike and Hike Day.** First Saturday of every month. Prairie Creek Redwoods State Park, 127011 Newton B Drury, Orick. Enjoy the parkway through the redwoods the first Saturday of every month Oct. through May while it's closed to motor vehicles. Leashed dogs welcome. Free.

**Día de los Muertos.** Arcata Plaza, Ninth and G streets. Centro del Pueblo, Arcata Playhouse, Los Bagels, Arcata Main Street and others present a community ofrenda inside Jacoby's Storehouse through Nov. 3. There's also a special event during Arcata's Farmers Market with Outer Space Arcata from 10 a.m. to 2 p.m. 707-683-5293.

#### Drive-Thru Tri-Tip Dinner Fundraiser

**Fundraiser.** Fri., Nov. 5, 6-8 p.m. Ferndale High School, 1231 Main St. In the parking lot. Dinner includes tri-tip, roll, potato salad, beans and dessert. Benefits Ferndale Wildcats Boosters. Purchase



tickets from any of the fall sports athletes or through the Ferndale High School office. \$20. 707-834-9166.

**Dune Restoration Work Days.** Second Saturday of every month, 10 a.m.-1 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Help restore the dune ecosystem of the Humboldt Coastal Nature Center by removing invasive plants. Training in plant identification and removal provided. COVID-19 safety practices in place. Wear masks while gathered and practice social distancing. Free. dante@friendsofthedunes.org. www.friendsofthedunes.org/dert-days. 707-444-1397.

**Festival de Migraciones/Migrations Festival.** Sat., Nov. 6, 12-6 p.m. Clarke Historical Museum, Third and E streets, Eureka. Music, traditional baile folklorico dances from Central America, foods from Los Giles and Cocina Mariposa, and art, including traditional embroidery styles from Central and South America. Free. admin@clarkemuseum.org or dana.f@clarkemuseum.org. www.clarkemuseum.org/festival-de-migraciones. html. 707-443-1947.

**Fire Relief Donation Drive.** Thursdays, 2-5 p.m. Arcata Veterans Hall, 1425 J St. Updated list of needs and a monetary donation site online. legionprograms@gmail.com. www.battlenhomefronts.org. 707-610-6619.

**Guided Birding Tour.** Sun., Nov. 14, 9-11 a.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Join Redwood Region Audubon Society walk leader Ralph Bucher for this two- to three- hour trip for people wanting to learn the birds of the Humboldt Bay area. It takes a leisurely pace with an emphasis on enjoying the birds. Beginners welcome. Visit www.rras.org for COVID-19 participation guidelines. Let us know you plan to attend by text/messaging Ralph Bucher with the the walk date and name, email and phone number for each participant. Free. thebook@reninet.com. rras.org/home.aspx. 707-499-1247.

CONTINUED ON NEXT PAGE →

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## Calendar

← CONTINUED FROM PREVIOUS PAGE

### **Habitat Improvement Team Volunteer Workday.**

Sat., Nov. 13, 9 a.m.-noon. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Help restore habitat by removing invasive, non-native plants and maintaining native plant areas. Wear long pants, long sleeves and closed-toe shoes. Bring drinking water and a facial mask. We'll provide tools, gloves and snacks. Meet at the Richard J. Guadagno Visitor Center, 1020 Ranch Road in Loleta. o.denise\_seeger@fws.gov. www.fws.gov/refuge/humboldt\_bay/. 707-733-5406.

### **Hatchet House Throwing Club New**

**Location Ribbon Cutting.** Sat., Nov. 6, 1-3 p.m. Hatchet House Throwing Club, 737 G Street., Arcata. Enjoy complimentary refreshments and 10 free throws. Beer, hard seltzer, coffee, mate and soda available for purchase, as well as The Coup chicken sandwiches and wings. Masks required. Annalisa.ArcataChamber@gmail.com. www.facebook.com/events/373859634432560/?ref=newsfeed. (707) 630-5203.

**Holiday Art, Home and Gift Fair.** Sat., Nov. 6, 10 a.m.-5 p.m. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. Safe shopping event with local artists and crafters. Outdoor food and plant vendors. Face covering required for entry. \$3 admission.

**Humboldt Flea Market.** First Sunday of every month, 9 a.m.-3 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. New location. Masks and safe social distancing required. Browse antiques, collectibles, tools, records, clothes, crafts, pies, jams and more. \$2, free for anyone under the age of 13.

**Humboldt Gem, Mineral and Fossil Show.** Fri., Nov. 5, 9 a.m.-5 p.m., Sat., Nov. 6, 10 a.m.-6 p.m. and Sun., Nov. 7, 10 a.m.-5 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. Humboldt Gem and Mineral Society's 66th annual event with geode cutting booth, live demos, kids games,

silent auction, daily lapidary demonstrations, display cases, live demos, vendors and more. \$3, \$1 kids 5-12, under 5 free. www.redwoodacres.com.

### **Humboldt History Symposium.**

Wharfinger Building, 1 Marina Way, Eureka. Online presentations and events connecting local historians, representatives of regional historical organizations, and students and academics with the community. Hosted by the Clarke Historical Museum, the Humboldt Historical Society and Humboldt State University library. www.clarkemuseum.org.

**Stewardship Work Days.** Sat., Nov. 6, 9:30 a.m.-noon. Trinidad Coastal Land Trust, 380 Janis Court. Help care for the coast you love with invasive English ivy and Scotch broom removal, and beach trail maintenance between the Little River and Big Lagoon. Email to sign up. Free. michelle@trinidadcoastallandtrust.org. www.trinidadcoastallandtrust.org.

**Tastin' Trinidad - Dinner in a Box.** Sat., Nov. 6, 4-7 p.m. Trinidad Elementary School, 300 Trinity St. Roasted apple pork roulade with calvados glaze, baked portobello mushroom with cornbread stuffing and pear gravy, root vegetable gratin, braised greens and rustic apple galettes for dessert. Wine from Moonstone Crossing available for purchase. Benefits the Blessing of the Fleet event. \$25 for meal, \$20 for wine. greatertrinidadchamber@gmail.com. www.exploret Trinidadca.com/play.

**The Big Chili Cook Off Week.** Countywide, Locations throughout Humboldt County, Humboldt. Local chefs and restaurants serve up chili to support local youth with proceeds benefitting Big Brothers Big Sisters of the North Coast. Share your chili pics on social media, because you are the judges. Virtual silent auction, live tastings and pop-up drive thru dishes from local chefs.

**Trinidad Flea-Art.** First Saturday of every month, 11 a.m.-3 p.m. Trinidad Town Hall, 409 Trinity St. For info/become a vendor, call Penny Gunn at 707-834-8720.

**Trivia Night.** Every other Wednesday, 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. Reel Genius Trivia hosts. Free. www.reelgeniustrivia.com.

**Veteran's Day at McKay.** Sat., Nov. 13, 10 a.m. McKay Community Forest, 3300 Harris St., Eureka. 5K and 10K courses on the main McKay road from the Harris St. Entrance with parking at Redwood Acres. Races start at 10 a.m. with Post Race Awards and Community Connections Fair at Humboldt Cider Garden. \$10 to run.

**Women & Girls Birdwatching Walk.** Sun., Nov. 7, 9-11 a.m. Eureka Waterfront Trail North, Tydd St. to Adorni Center. Join leader Sarah Hobart for a tour with a photography component. Accessible for those with limited mobility or a wheelchair. Bring binoculars and your camera. COVID-19 participation guidelines online. Email for required reservation and exact meeting location. Free. janelle.choj@gmail.com. rras.org/home.aspx.

## Mendocino County

### **ARTS & CULTURE**

**Driving Miss Daisy.** Nov. 5-7 and Nov. 12-14. Mendocino Theatre Company, 45200 Little Lake St. American Pulitzer Prize winning-drama that portrays the relationship between an elderly Southern woman and her chauffeur over a period of three decades from the 1940s to the 1970s. laketheatre.org/driving-miss-daisy.

**Mendocino Community Jam.** First Sunday of every month, 3-5 p.m. Community Center of Mendocino, 998 School St. A gathering of people who enjoy creating music with others. We'll go around the circle and when it's your turn, you can lead a song, choose a song and ask others to lead it, or pass. Feel free to bring songs to share. The *Rise Up Singing* books are full of good songs. Instruments welcome. Free.

**The Complete Works of William Shakespeare (Abridged).** Fri., Nov. 5, 7:30 p.m., Sat., Nov. 6, 7:30 p.m. and Sun., Nov. 7, 2 p.m. Willits Community Theatre and Performing Arts Center, 37 W Van Ln.



Three manic actors try to perform every Shakespeare production in an hour and a half. \$10. [www.wctperformingartscen-ter.org/](http://www.wctperformingartscen-ter.org/).

## LIFESTYLE & COMMUNITY

**Beginner Bird Walk.** Sat., Nov. 6, 9 a.m.-noon. Mendocino Coast Botanical Gardens, 18220 North Highway 1, Fort Bragg. Meet in the parking lot. Bring binoculars, wear comfortable shoes and a hat to walk about 2 miles through the gardens. Regular admission, free to members. [www.gardenbythesea.org](http://www.gardenbythesea.org).

**Fort Bragg Farmers Market.** Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

**First Friday Art Walk.** First Friday of every month, 5-8 p.m. Downtown Ukiah, Ukiah. Join artists and their hosts for an evening of art, music and refreshments as you stroll from one venue to the next; each showcasing local art and artistry.

**Historic Walking Tours of Mendocino.** Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. \$50 for up to four people, \$75 for party of six. [tours@KelleyHouseMuseum.org](mailto:tours@KelleyHouseMuseum.org).

**Ukiah Farmers Market.** Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah.

## Lake County

### LIFESTYLE & COMMUNITY

**Crafter's Fair.** Sat., Nov. 6, 9 a.m.-3 p.m. Downtown Kelseyville, Main Street. Bake sale, too. At the Kelseyville Presbyterian Church.

**Lakeport Farmers Market.** Saturdays, 10 a.m.-1 p.m. Lake County Fairgrounds, 401 Martin St., Lakeport. Rain or shine. ♦



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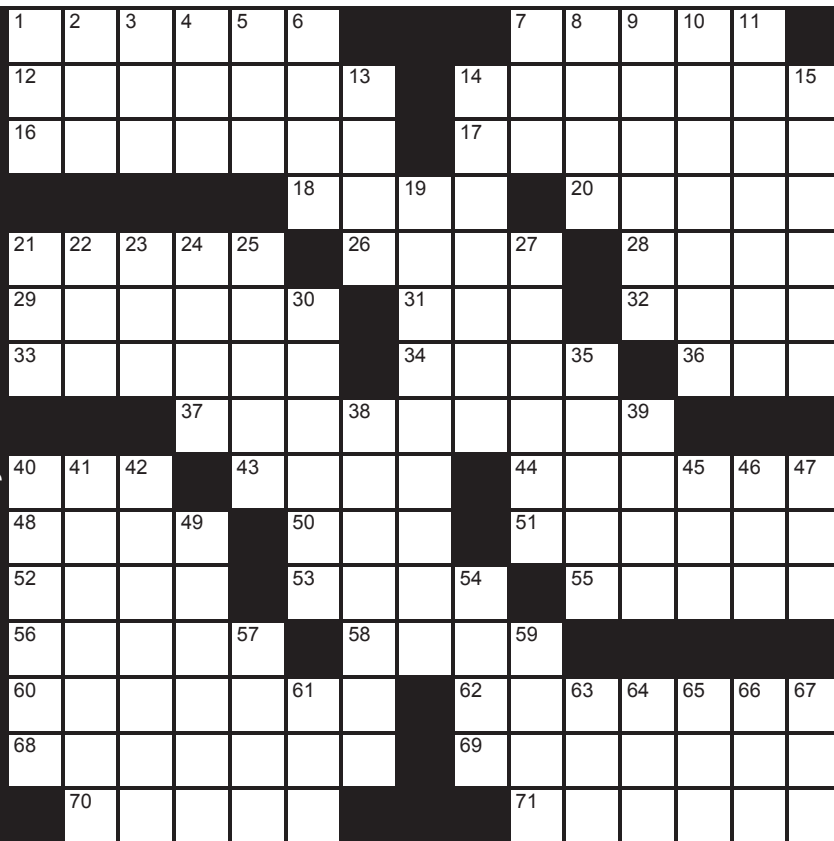
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Well, that went by fast. It's already time again for the annual *North Coast Journal* Flash Fiction Contest, so get typing. Make your original stories **99 words or fewer** (like this announcement), not including the title, for a chance to see your work of genius and brevity in the *Journal*. **Email up to three entries as attachments or in the body of your email** (no PDFs, please) **to [fiction@northcoastjournal.com](mailto:fiction@northcoastjournal.com) with your full name and contact information** (sorry, we don't do pen names) **by 5 p.m. on Monday, Nov. 8.** The judges' favorites will be published in December. Don't procrastinate.



# JAY GOULD — Answers in the next edition

## ACROSS

1. With 37-Across and 54-Down, man Beethoven called the "original father of harmony"
7. Easy wins
12. NBA All-Star \_\_\_ Anthony
14. Well-bred
16. With 21-Down and 20-Across, evolutionary biologist who wrote "Hen's Teeth and Horse's Toes"
17. "Scary Movie" actress Carmen
18. Backside
20. See 16-Across or 21-Down
21. See 56-Across
26. With 62-Across, U2 bassist ... or with 62-Across and 71-Across, Civil Rights leader who represented Harlem in the U.S. House of Representatives
28. Mixed bag
32. Off the beaten path
34. B&Bs
36. \_\_\_ Khan
37. With 54-Down, Skid Row frontman
40. Juilliard subj.
43. Polynesian drink
44. Snorkeling sites
48. Copies
50. One in a cage
51. See 40-Down
52. E. Coast highway

53. Former "Meet the Press" host Marvin
55. John, Paul and John Paul
56. With 46-Down, Motley Crue drummer ... or with 46-Down and 21-Across, he played Cobb in "Cobb"
58. Afternoon socials
60. Where the Robinsons of '60s TV were lost
62. See 26-Across
68. Reporter's aid
69. Writer Belloc
70. Least desirable
71. See 26-Across

## DOWN

1. Chazef of 'N Sync and others
2. Feedbag morsel
3. Much of central Eur., once
4. Rev (up)
5. Book after Ezra: Abbr.
6. D'back or Card
7. First Amendment subj.
8. Universal donor's type, informally
9. Highest peak in N. Zealand
10. 1968 Julie Christie movie
11. "The Twilight Zone" host
13. \_\_\_ Day (vitamin brand)
14. Tennyson's "\_\_\_ and Enid"
15. Largest lake in Europe
19. Prudent
21. With 20-Across, robber baron Conde Nast
- Portfolio once ranked as the 8th worst American CEO of all time
22. Friend \_\_\_ friend

23. "Delta of Venus" author
24. Squeals of alarm
25. Streamlined
27. Like a McJob
30. Go ashore
35. Stopped lying?
38. Flew
39. Say \_\_\_ (refuse)
40. With 51-Across, German theologian who wrote "The 95 Theses" ... or with 51-Across and 32-Across, Time's 1963 Man of the Year
41. So far
42. Looks like it does

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45. Southpaw on a diamond: Abbr.
46. See 56-Across
47. AARP focus: Abbr.
49. Smirk
54. See 1-Across or 37-Across
57. Pound sounds
59. Stumble
61. Burmese, for one
63. Spanish greeting
64. Veer off course
65. Knot
66. NBA's Magic, on scoreboards
67. "Tutte \_\_\_ cor vi sento" (Mozart aria)

## LAST WEEK'S ANSWERS TO IT WRITES



## HOME COUNTRY

By Slim Randles



Mickey Baker has owned The Strand — our local movie theater — since the new releases starred Virginia Mayo. The Strand, naturally, is an icon here. More than a few of our long-lasting marriages in the area began with a first date there. Most of us have consumed more than our share of Raisinettes and Jujubes while watching Duke Wayne whip the bad guys. We know every inch of The Strand. We know where the rips are in the used-to-be blood-red carpet, which of the seats don't fold all the way down, which seats are most secluded in case it's a smooching date. It was ol' Dud, back when he was about four feet tall, who discovered how to combine chewing gum and the lock on the back door to provide five-finger discounts for friends wanting to watch Victor Mature run around in a loincloth.

The Strand, in other words, is a vital part of our past, if not of our lives today.

We seem to just go rent those tapes and disks now and stay home and watch the newer films when we feel like it, and that might be because we now appreciate being able to stop the action for an occasional bathroom break now and then.

Attendance dropped dramatically when home entertainment really hit a lick. But Mickey fought back. He tried the free popcorn route for a while. All he charged for was the butter. Attendance didn't really pick up, and the popcorn bill was ... well, appreciable if not staggering.

Mickey now thinks he has the answer. He bought a disk player thingie that works on a big screen. Then he bought some old movies and lowered the price.

The first night he did this was a triple header, and we all turned out to see our old heroes vanquish Nazis, solve the bank robbery in Cactus Gulch, and find out who really killed the big-city mayor. We paid too much for popcorn, but who cares?

The Strand lives on, even if there is more gray hair there than at a Percheron horse show. Besides, when was the last time you saw The Duke standing 15-feet tall? ♦

Pick up Home Country: Drama, dreams and laughter from the American Heartland at [www.lpdpress.com](http://www.lpdpress.com).



## LINGCOD AND JETTI FISHING



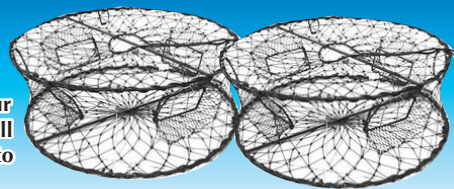
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